

Health Benefits of Volunteering

Draft email to be sent to volunteers:

Volunteers,

Did you know that volunteering not only helps your community, but that it is also *healthy for you* too?

Studies show that volunteers:

- Are happier
- Report better health
- Feel better about life
- Are more independent
- Have better blood pressure
- Live longer

If you want to learn more about the health benefits of volunteering, please visit [insert link to benefits only material].

Continue to help those around you and ask a friend to volunteer with you too!

THANK YOU!!!

Suggested Facebook Posts:

Facebook Post #1

Did you know that volunteering not only helps other people, but it is also good for your health? Studies show that volunteers report better health, feel better about life, and live longer! Join us in helping others and help yourself too. Start volunteering today! Visit [insert web address] or call [phone number]!

Facebook Post #2

Do you want to help out? Helping Idahoans age well is fun and easy to do – anybody can help! There are lots of ways to give back to your community and you can decide how much time you can give. Learn more about volunteer opportunities at [insert web address] or call [phone number].

Facebook Post #3

Volunteering is good for everybody – it helps the community and you! People who volunteer are happier and feel better about life. It is a win-win situation. Everybody has something to give. Visit [insert web address] or call [phone number] for more information about the health benefits of volunteering and how you can get started!

Facebook Post #4

Do you want to make an impact? Learn more about how you can volunteer and make an impact with [Org Name] at [insert web address] or call [phone number]. Volunteering is good for the recipient, and it is also good for the health of the volunteer. So help your community and help yourself. Ask a friend to volunteer with you and help your friend too!

Facebook Post #5

[Org Name] needs your help! We cannot function without the help of volunteers. Everybody has something to give. Will you help? Visit [insert web address] or call [phone number] to see how you can start helping today!

Suggested Twitter Posts:

Twitter Post #1

Volunteering offers health benefits. Get the benefits and start volunteering today with [Org name]!

#Volunteer #[OrgName]

Twitter Post #2

Volunteering helps others and is healthy for you too! Learn more and get started @ [WebAddress].

#Volunteer

Twitter Post #3

Volunteering is good for you! Volunteers are happier and feel better about life than non-volunteers. #Volunteer #[OrgName]

Twitter Post #4

Volunteering is good for your health. Volunteers live longer than non-volunteers. Get started today!

#Volunteer #[OrgName]

Twitter Post #5

Volunteering helps others and is good for your health too. Everybody has something to give!

#Volunteer #[OrgName]

Twitter Post #6

Volunteering is good for everybody, including you! Help those around you and ask a friend to volunteer with you too!

#Volunteer #[OrgName]

Twitter Post #7

Volunteering is good for your health. Help others while helping you. Get started @ [WebAddress].

#Volunteer

Twitter Post #8

Older Idahoans and their families depend on volunteers like you. Will you help? Visit [WebAddress].

#Volunteer

Twitter Post #9

You can help Idahoans age well by volunteering with [Org name]. Plus, volunteering helps your health too! Get started @ [WebAddress].

#Volunteer

Twitter Post #10

Volunteering is good for your community and is good for you too. Get started @
[WebAddress].

#Volunteer

= hashtag. It is used to mark keywords or topics in a Tweet.